

Strawberry Banana Sorbet



This frosty “sorbet” is made with only frozen fruit and has no added sugar, no fat and is much lower in calories than traditional ice cream. Serve topped with our chocolate magic shell for a decadent treat!

YIELD 4 SERVINGS	PREP TIME 10 MIN	TOTAL TIME 20 MIN
-----------------------------------	-----------------------------------	------------------------------------

INGREDIENTS

4 each Bananas (overripe and frozen)
1 cup Frozen Strawberries (about 4-5 whole)

CHEF'S NOTES

Using bananas as the base for this sorbet ensures a rich, creamy consistency. This recipe can be modified with other mix-ins besides just strawberries. You can use frozen mango or peaches, too!

We also like bananas with 2 Tbsp cocoa powder or a little cinnamon, vanilla extract, or ginger. You could also fold in mini chocolate chips after blending.

DIRECTIONS

1. Gather all ingredients and equipment.
2. Remove bananas and strawberries from freezer and allow them to sit at room temperature for 5-7 minutes.
3. Cut bananas and whole strawberries into slices then place them into a high-speed blender.
4. Blend until smooth and creamy. It takes a while, so be patient and just keep blending. You may need to stop blending and scrape the sides of the blender down a few times to ensure that the mixture is fully combined and smooth.
5. Enjoy immediately or transfer to a container with a tight-fitting lid and freeze. Before serving, allow to sit for a few minutes until the sorbet becomes scoopable.

Nutrition Facts

4 servings per container

Serving Size 1/2 cup (154 g)

Amount per serving

Calories 120

% Daily Value *

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 30g 11%

Dietary Fiber 4g 14%

Total Sugars 16g

Includes 0g Added Sugars 0%

Protein 2g 3%

Vitamin D 0mcg 0%

Calcium 10mg 0%

Iron 0.45mg 3%

Potassium 500mg 10%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Recipe adapted from Health meets Food: Banana Ice Cream (9/1/20)



goldringcenter.tulane.edu



@culinarymedicine



Goldring Center for Culinary Medicine

